

Curriculum Summary Document

Year 9 – PSHE

Responsible Choices, Healthy Relationships and Staying Safe

Module/Unit of Learning	Taught During	What will students learn?	How does this develop students' confidence, judgement and readiness for real-life challenges?	Links to other Subjects
Alcohol, Drugs and Risk	September – early October	Students revisit the core facts about alcohol and drugs, exploring why people take substances, the physical and social risks involved, and how behaviour can escalate into antisocial or unsafe situations. They examine the law surrounding substances, including cannabis, and begin to understand how personal choices can affect safety, wellbeing and future opportunities.	This module helps students recognise and respond to risky situations with greater awareness and self-control. It strengthens their ability to weigh up consequences, resist pressure and make responsible decisions in settings outside of school.	Science – effects of substances on the body PE – health, fitness and wellbeing
Crime, Responsibility and Antisocial Behaviour	October	Students examine the meaning of antisocial behaviour, the consequences of knife crime and the principles of criminal responsibility. They explore real scenarios that show how small decisions can escalate into serious outcomes and consider how choices influence personal safety, peer relationships and community wellbeing.	This module gives students a clear understanding of the law and helps them recognise danger, avoid harmful behaviour and make informed decisions in challenging situations. It supports students to stay safe and act responsibly as they gain independence.	History – justice, law and society Tutor Time – behaviour expectations and responsibility
Peers, Pressure and Healthy Relationships	November – December	Students explore the features of healthy and unhealthy relationships, including how to respond to difficult or unsafe situations. They learn about the dynamics of peer pressure, both online and offline, and consider how unhealthy influence can lead to risky behaviour. The module also introduces the legal context around relationships and substance use for young people.	Students gain strategies to recognise warning signs, set boundaries and seek help when relationships become unhealthy. This develops their confidence in navigating friendships, resisting pressure and making safe, considered choices.	Computing – online communication and behaviour English – understanding character interactions and motives

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Sex and Relationships Education	January – March	Students learn how to recognise readiness for sexual activity, explore freedom and capacity to consent, and understand how to build safe, respectful and equal relationships. They develop knowledge of sexual health, including contraception, STIs and how different contraceptive methods work. The module emphasises safety, respect, responsibility and positive relationship values.	This module helps students understand their rights, build healthier expectations for relationships and make informed decisions about their bodies and boundaries. It strengthens their ability to communicate clearly, protect themselves and act responsibly.	Science – reproduction and contraception Religious Studies – respect, values and different family structures
Worth It! Body Image and Online Influence	March – April	Students investigate how body image is shaped by media, peers and online influences. They examine how filters, influencers and unrealistic standards can affect self-esteem, and consider debates around cosmetic surgery and body modification. The module supports students to think critically about the messages they absorb and their impact on wellbeing.	This module builds critical awareness of media pressure and encourages students to develop healthier self-esteem. It supports emotional resilience and promotes a balanced understanding of identity in an online world.	Art – representation and portrayal of the body Computing – media manipulation and digital culture
First Aid and Emergency Response	June – July	Students learn how to stay calm in a crisis and follow key first aid principles, including assessing danger and prioritising safety. They study the ABC method—Airway, Breathing, Circulation—and practise responses to everyday emergencies such as burns, bleeding and breaks. The module gives students practical, life-saving knowledge that can be used both inside and outside school.	This module gives students the confidence to act effectively and responsibly in emergencies. It strengthens practical judgement, emotional control and real-life problem-solving skills, helping them feel prepared for unexpected situations.	Science – the body and medical responses PE – injury management and safety